Eating Less And Reducing Inflammation Is A Very Bad Thing!

By Joachim Bartoll | Jan. 24th, 2025

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Today we return to Examine.com and yet another review of a totally meaningless study. If you understand anything about physiology and our body's detoxification and healing processes, you'll know why. If not, I'll break it down for you.

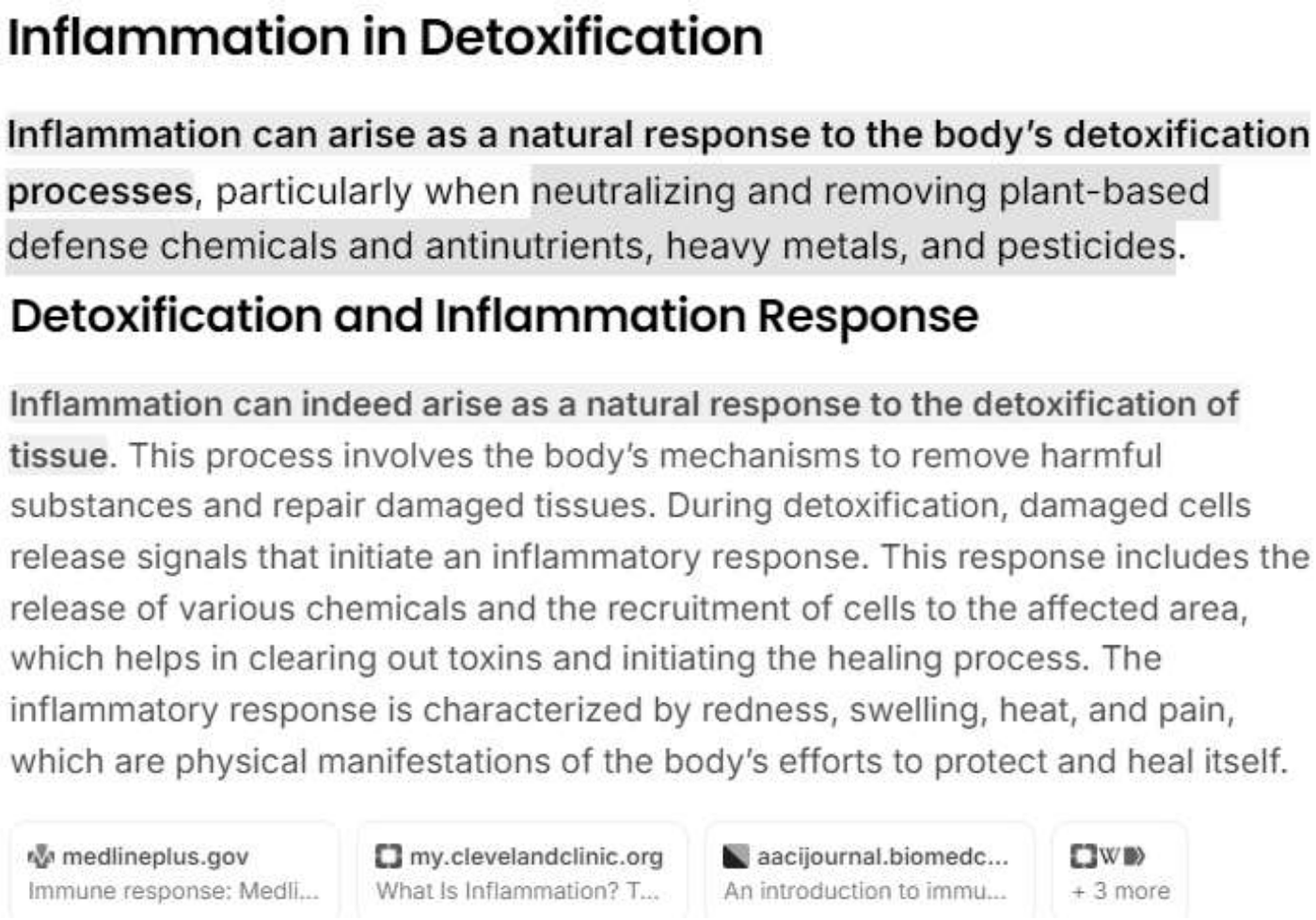
> *"The effect of intermittent fasting or calorie restriction on plasma inflammatory biomarkers in the context of overweight or obesity."*

Inflammation is the result of our body detoxifying and/or healing damaged tissue. It is not something you ever would want to reduce. Instead you should reduce whatever is causing that toxic accumulation and damage. Remove the offender and there will be no need for heavy detoxification and tissue repair, and thus no inflammation. Simple. Logical.

Inflammation as Healing Response

According to biology and physiology, inflammation is not a disease or a pathologic process, but rather a natural and essential response of the body to injury or tissue damage. It is a symptom complex that occurs when the body is attempting to heal and repair damaged tissue.

The five classic signs of inflammation, often remembered using the acronym "PRISH": **Pain (dolor), Redness (rubor), Increased Heat (calor), Swelling (tumor), and Loss of Function (functio laesa),** are manifestations of the body's attempt to isolate and eliminate the injurious agent, remove damaged tissue, and initiate the healing process.


Inflammation in Detoxification
Inflammation can arise as a natural response to the body's detoxification processes, particularly when neutralizing and removing plant-based defense chemicals and antinutrients, heavy metals, and pesticides.
Detoxification and Inflammation Response
Inflammation can indeed arise as a natural response to the detoxification of tissue. This process involves the body's mechanisms to remove harmful substances and repair damaged tissues. During detoxification, damaged cells release signals that initiate an inflammatory response. This response includes the release of various chemicals and the recruitment of cells to the affected area, which helps in clearing out toxins and initiating the healing process. The inflammatory response is characterized by redness, swelling, heat, and pain, which are physical manifestations of the body's efforts to protect and heal itself.
medlineplus.gov
Immune response: Medli...
my.clevelandclinic.org
What Is Inflammation? T...
aacijournal.biomedc...
An introduction to immu...
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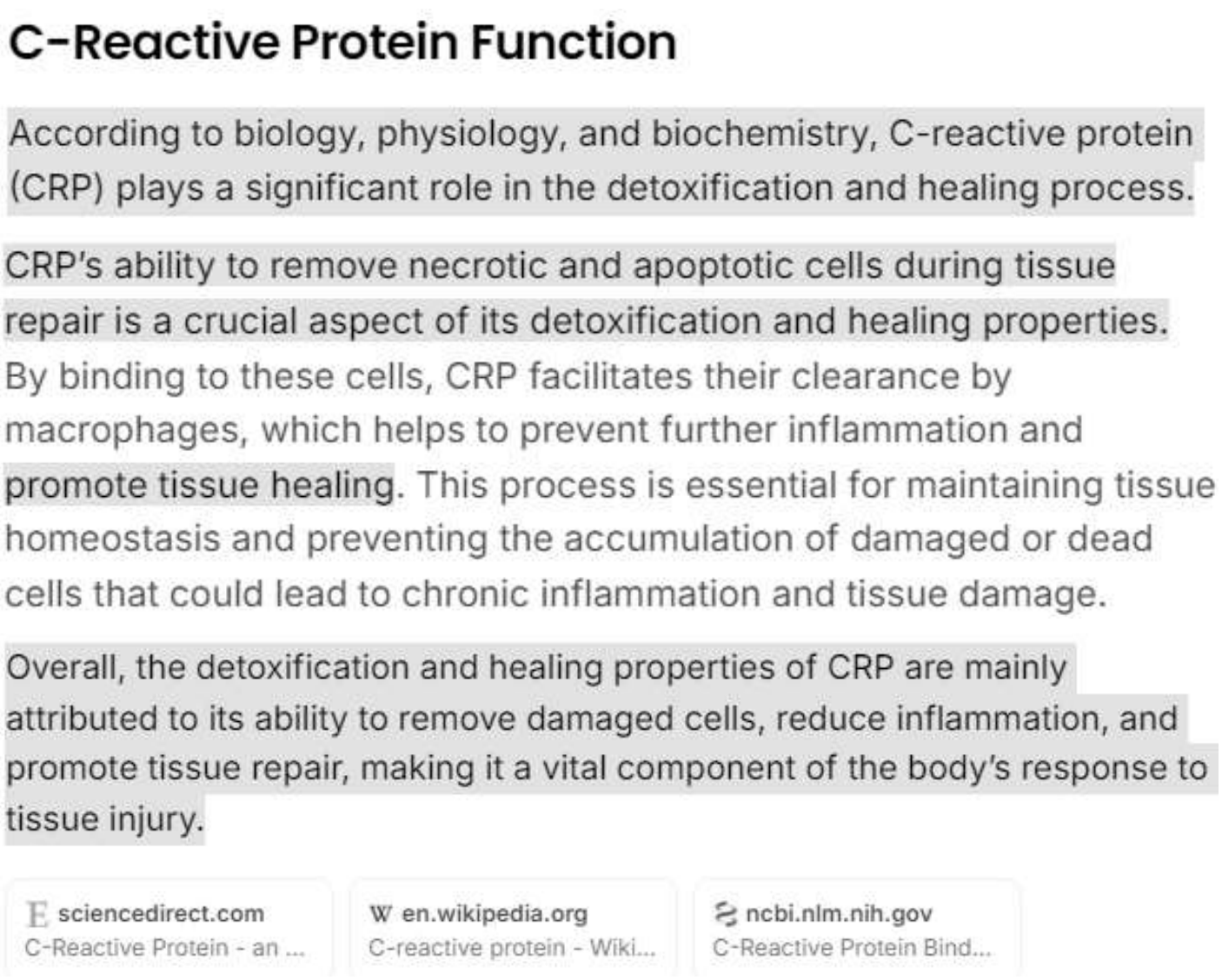
> *"The following inflammatory biomarkers were studied:*
>
> - *C-reactive protein (CRP)"*

Okay, let me explain what these "biomarkers" actually are and what they do in the body, as that is crucial to understand.

C-reactive protein (CRP) is a pentameric protein that plays a significant role in our body's natural healing process. It is synthesized by the liver in response to cytokines such as interleukin-6 (IL-6,) and its levels increase dramatically in response to tissue injury as a part of the inflammatory/healing response.

CRP's detoxification and healing properties are primarily linked to its ability to bind to damaged cells. This binding facilitates the clearance of necrotic and apoptotic cells and bacteria once it has assisted in the breakdown of toxins and other cellular debris, thus aiding in the healing process.

In other words, CRP's main purpose is to remove damaged and dead cells and debris, working in tandem with bacteria that also aid in the healing process.


C-Reactive Protein Function
According to biology, physiology, and biochemistry, C-reactive protein (CRP) plays a significant role in the detoxification and healing process.
CRP's ability to remove necrotic and apoptotic cells during tissue repair is a crucial aspect of its detoxification and healing properties. By binding to these cells, CRP facilitates their clearance by macrophages, which helps to prevent further inflammation and promote tissue healing. This process is essential for maintaining tissue homeostasis and preventing the accumulation of damaged or dead cells that could lead to chronic inflammation and tissue damage.
Overall, the detoxification and healing properties of CRP are mainly attributed to its ability to remove damaged cells, reduce inflammation, and promote tissue repair, making it a vital component of the body's response to tissue injury.
sciencedirect.com
C-Reactive Protein - an ...
en.wikipedia.org
C-reactive protein - Wiki...
ncbi.nlm.nih.gov
C-Reactive Protein Bind...

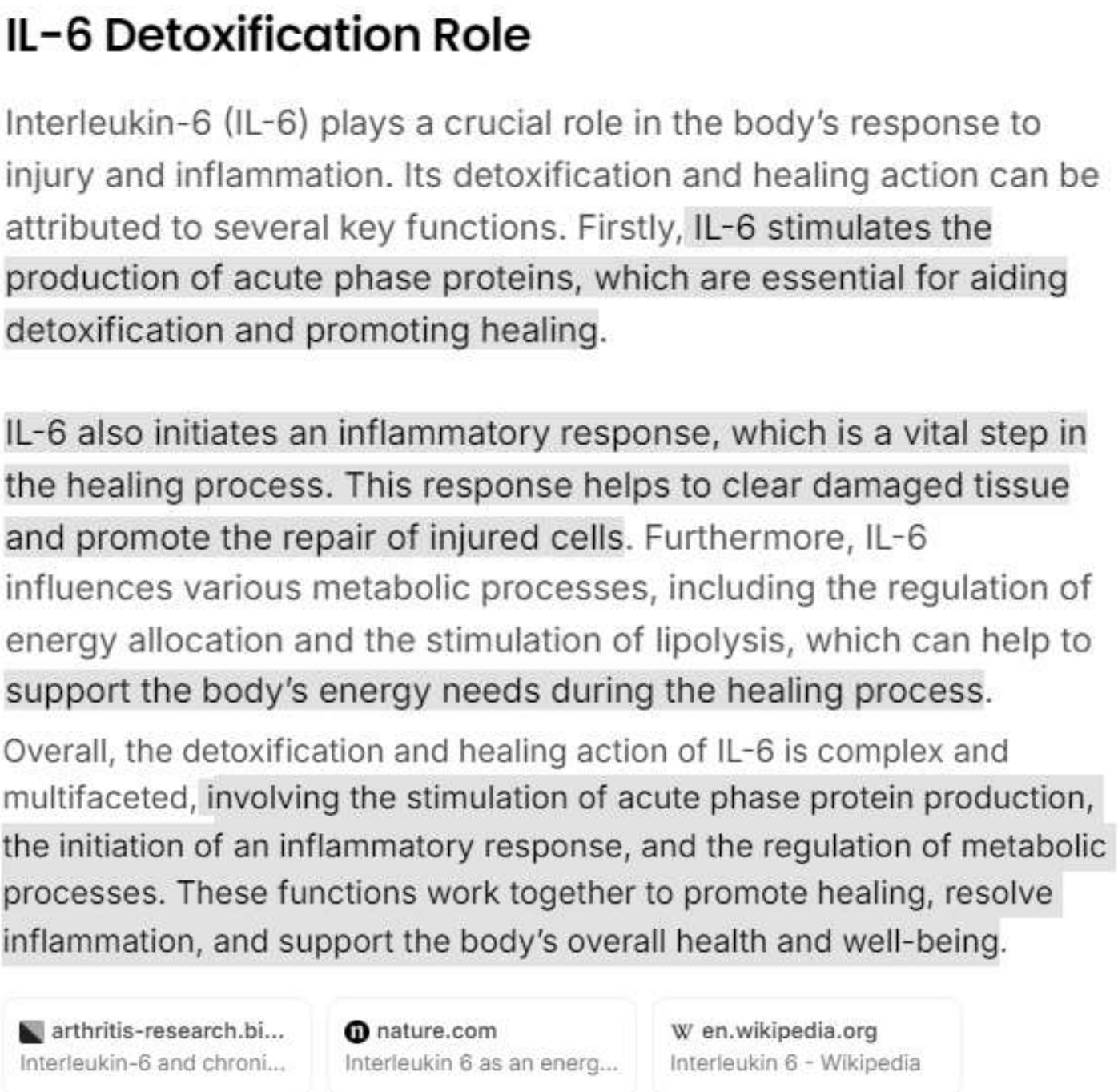
Interleukin-6 (IL-6) is a multifunctional cytokine that plays a significant role in the body's detoxification and healing processes. IL-6 promotes the production of acute phase proteins in the liver. These proteins help to neutralize toxins, thereby supporting detoxification. In the initial stages of tissue damage from toxicity, IL-6 helps to initiate an inflammatory/healing response.

IL-6 has been shown to have regenerative properties in various tissues. For example, it can support the regeneration of neurons and glial cells in the central nervous system.

IL-6 can influence metabolic processes, which can indirectly support detoxification by ensuring that the body has the necessary energy and resources

to manage toxins and repair tissues.

In other words, IL-6 is crucial for initiating both detoxification and repair of affected tissues.


IL-6 Detoxification Role
Interleukin-6 (IL-6) plays a crucial role in the body's response to injury and inflammation. Its detoxification and healing action can be attributed to several key functions. Firstly, IL-6 stimulates the production of acute phase proteins, which are essential for aiding detoxification and promoting healing.
IL-6 also initiates an inflammatory response, which is a vital step in the healing process. This response helps to clear damaged tissue and promote the repair of injured cells. Furthermore, IL-6 influences various metabolic processes, including the regulation of energy allocation and the stimulation of lipolysis, which can help to support the body's energy needs during the healing process.
Overall, the detoxification and healing action of IL-6 is complex and multifaceted, involving the stimulation of acute phase protein production, the initiation of an inflammatory response, and the regulation of metabolic processes. These functions work together to promote healing, resolve inflammation, and support the body's overall health and well-being.
arthritis-research.bi...
Interleukin-6 and chroni...
nature.com
Interleukin 6 as an energ...
en.wikipedia.org
Interleukin 6 - Wikipedia

> - *"Tumor necrosis factor-alpha (TNF-α)"*

Similar to IL-6, **Tumor Necrosis Factor-alpha (TNF-α)** is a multifunctional cytokine with both detoxification and healing properties. Similar to CRP, TNF-α plays a role in the detoxification process by promoting the clearance of damaged

cells and cellular debris. Additionally, TNF-α can induce apoptosis (programmed cell death) in severely damaged cells, so they can be removed and replaced.

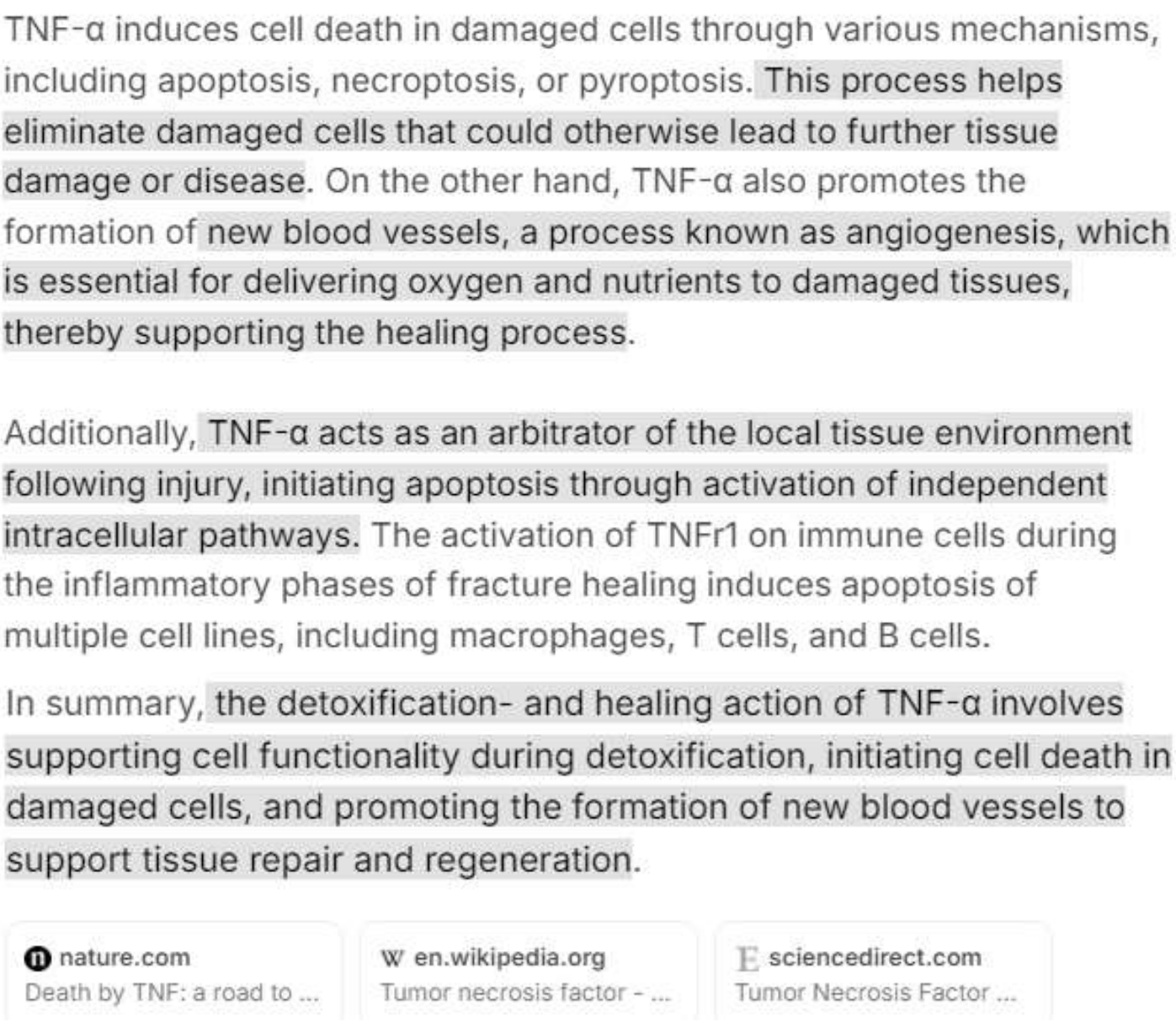
TNF-α is also a potent inducer of inflammation/healing as it binds to TNF-R1 and TNF-R2 receptors on the surface of cells, triggering signaling pathways that lead to the expression of adhesion molecules, chemokines, and other tissue healing mediators.

TNF-α can also promote angiogenesis, the formation of new blood vessels, which is essential for tissue repair and regeneration.

In other words, TNF-α either supports cell functionality during detoxification or initiates cell death if the cell is damaged beyond repair so it can be cleared out, while also promoting formation of new blood vessels to better clear out toxins and debris.

TNF-α Function Summary

According to biology, physiology, and biochemistry, Tumor Necrosis Factor Alpha (TNF-α) plays a crucial role in the detoxification and healing process. TNF-α can either support cell functionality during detoxification or initiate cell death if the cell is damaged beyond repair. This dual role is essential for maintaining tissue homeostasis and promoting healing.


TNF-α induces cell death in damaged cells through various mechanisms, including apoptosis, necroptosis, or pyroptosis. This process helps eliminate damaged cells that could otherwise lead to further tissue damage or disease. On the other hand, TNF-α also promotes the formation of new blood vessels, a process known as angiogenesis, which is essential for delivering oxygen and nutrients to damaged tissues, thereby supporting the healing process.
Additionally, TNF-α acts as an arbitrator of the local tissue environment following injury, initiating apoptosis through activation of independent intracellular pathways. The activation of TNFr1 on immune cells during the inflammatory phases of fracture healing induces apoptosis of multiple cell lines, including macrophages, T cells, and B cells.
In summary, the detoxification- and healing action of TNF-α involves supporting cell functionality during detoxification, initiating cell death in damaged cells, and promoting the formation of new blood vessels to support tissue repair and regeneration.
nature.com
Death by TNF: a road to ...
en.wikipedia.org
Tumor necrosis factor - ...
sciencedirect.com
Tumor Necrosis Factor ...

With all this in mind, inflammation tells us that we are taking damage from toxic exposure and that the body tries to detox and repair the affected tissues. In other words, you do not want to focus on reducing inflammation if any of these markers are elevated, as that would hamper or even stop the detoxification and healing process. Instead you want to focus on reducing the toxic load and let the body heal which will lower and eventually eliminate all inflammation once the healing is completed. In simple terms, you do not want to reduce inflammation if you happen to experience it, you want to avoid inflammation in the first place! And the only way to avoid inflammation is to avoid taking damage from toxins, as inflammation is the detoxification and healing of damaged tissue.

> *"A total of 811 men and women (average ages of 29–60) with overweight or obesity."*

Just to make one thing clear, being overweight or obese has nothing to do with increased inflammation. Putting on body fat is a symptom of high toxicity and overeating. It is the toxicity from overeating crap that is damaging your tissues, which in turn causes an inflammation/healing response. So, it is the damage from what is making these people obese that is also the cause of the inflammation, not the obesity itself.

Glucose and Carbs Boost Fat Storage

According to biology, biochemistry, and physiology, high blood glucose levels and a high toxic load from consuming carbohydrates and processed foods can have a profound impact on the body's fat storage mechanisms.

Glucose-Induced Fat Storage

When blood glucose levels are elevated, the body's cells become resistant to insulin, leading to increased glucose uptake and storage as glycogen in the liver and muscles. However, when glycogen storage sites are saturated, excess glucose is converted to fatty acids and triglycerides, which are then stored in adipose tissue as body fat.

Toxin Storage in Fat Cells

The toxic load from processed foods and carbohydrates can also contribute to the formation of new fat cells, specifically designed for toxin storage. This process is facilitated by the liver's ability to convert certain toxins into fatty acid-like molecules, which are then incorporated into triglycerides and stored in adipose tissue.

According to biology, physiology, and biochemistry, **body fat itself is not the primary cause of inflammation**. Instead, it is the overconsumption of toxic food and the resulting accumulation of body fat that can lead to inflammation. Inflammation is a natural response of the body to detoxification and healing.

> *"A meta-analysis of 20 randomized controlled trials was performed. Nine trials were conducted in the United States, 2 trials each were conducted in*

> *Iran and Italy, and 1 trial each was conducted in Brazil, China, Malaysia, Norway, Poland, Spain, and Sweden.*
>
> *The trials assessed calorie restriction (14 trials) or intermittent fasting (6 trials; protocols included alternate-day fasting, time-restricted eating, and the 5:2 diet). The comparator was no dietary intervention. The intervention duration ranged from 8 to 48 weeks."*

The obvious problem here is that they reduced food intake, and considering that the people were obese and unhealthy to begin with, their food choices are obviously very bad resulting in a lacking diet leading to nutrient deficiencies. And simply reducing their food intake will give them even less essential nutrients, hampering the functionality of their bodies even more, putting them into real starvation.

And even if they got help with changing their diets, the results would be the same as these evil charlatans favor a plant-based diet that is totally void of any essential nutrients and full of extremely damaging toxins such as antinutrients, defense chemicals, heavy metals, and pesticides.

You can only successfully adopt a time-restricted/intermittent fasting or "energy restricted" diet by focusing on animal-based foods, the only foods that contain all essential nutrients in full bioavailable format.

Nutrient Deficiencies Impair Detox

According to biology, physiology, and biochemistry, **inadequate nutrient intake can compromise the body's natural detoxification processes**. This occurs because detoxification pathways, such as phase I and II enzyme reactions, rely on essential nutrients like vitamins, minerals, and amino acids.

Compromised Tissue Healing

- Nutrient deficiencies can also impair tissue healing processes, including wound repair, by reducing the availability of essential building blocks, such as amino acids, vitamins, and minerals.
- Impaired tissue healing can lead to prolonged inflammation, scarring, and fibrosis, further compromising overall health.

Accelerated Toxin Accumulation

- Impaired detoxification allows toxins to accumulate in the body, potentially leading to oxidative stress, inflammation, and tissue damage.
- This can exacerbate chronic diseases, such as cancer, neurodegenerative disorders, and metabolic disorders.

> *"Compared with the control, calorie restriction reduced (improved) CRP (very small effect size, moderate certainty) and IL-6 (small effect size, moderate certainty). Intermittent fasting reduced (improved) TNF-α (small effect size, high certainty)."*

A few days ago, we looked at time-restricted eating, as in intermittent fasting, and the effects on reducing visceral fat, which was negligible due to continuing with a toxic diet. We know that by allowing the body to remain longer in a fasted state, we favor detoxification and tissue repair, especially if we go to sleep in a fasted state, as sleep accelerates both detoxification and healing. However, in order to detoxify and heal in the first place, our body needs all the resources that are needed for these processes, as in all the essential vitamins, minerals, animal fats, and amino acids that are only available in animal foods. You can not get these nutrients in the necessary quantities from plant-based edibles or processed food items. And that is why people are so sickly today. They are exposed to unnatural high levels of toxins through their shitty food and the environment while lacking the resources to properly detoxify and heal.

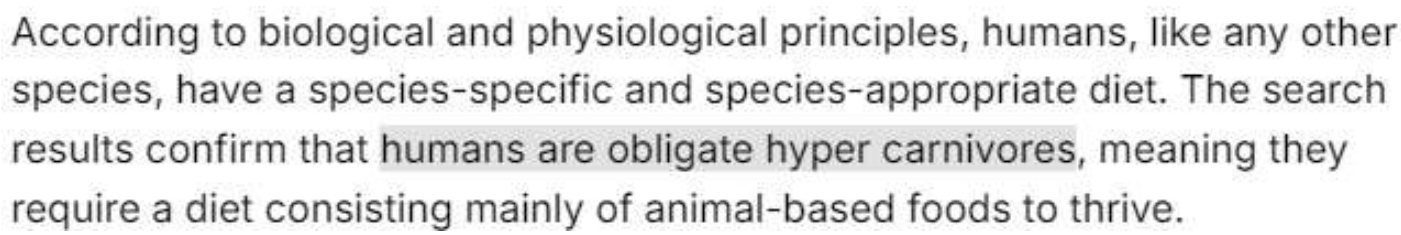
Now, if you actually were to start consuming a lot of animal-based food, nourishing your body, while also allowing it to heal by remaining in a fasted state for a better part of the day, inflammation would eventually start to come down,

as detoxification and healing can take place and actually finish. However, depending on how long you have mistreated your body, this detoxification and healing can take years (and not weeks or months as in these studies.) This is logical as you might have mistreated your body for 40 years, thus it will not detoxify and heal in just a few weeks or months. It's the same as losing a lot of body fat that you've accumulated for years. It's not done in a week.

So, using logic once again, as these poor people followed a crappy diet and actually ate less than before, and if CRP, IL-6, and TNF-α decreased just within weeks without them improving the nutrient density and quality of the diet, that reduction of inflammation, as in a reduction in healing, was due to developing more severe nutrient deficiencies and thus the detoxification and healing processes slowed down even more, something that is extremely bad and dangerous as more toxins will now accumulate and more tissue will take damage.

So, to conclude, changing the approach to eating will not accomplish anything positive unless you also change your diet, as in increasing the amount of animal-based foods while decreasing all the damaging offenders, as in anything plant-based and processed. That again, is simple logic and also common sense. Unfortunately, the dimwits setting up these studies do not even grasp that fundamental logic of biology, physiology and biochemistry. Embarrassing and laughable.

And, as I've mentioned many times, the only time you ever would want to reduce inflammation, as in slowing down detoxification and/or healing is if your body is so weak, toxic, and malnourished that it can't handle the load and processes, as in you might actually die. In such a rare case, you need to detox and heal in short phases while guaranteeing your nutritional status by focusing on animal-based foods. Again, common sense.


According to biological and physiological principles, humans, like any other species, have a species-specific and species-appropriate diet. The search results confirm that humans are obligate hyper carnivores, meaning they require a diet consisting mainly of animal-based foods to thrive.

- A diet consisting only of animal-based foods, such as meat, fish, eggs, and dairy products, is best suited for humans.
- Consuming plant-based foods, including fruits, vegetables, and grains, is not necessary or beneficial for human health.
- The traditional notion of humans as omnivores or facultative carnivores is incorrect, and a diet that includes animal products is essential for optimal human nutrition and well-being.

Note: The search results do not support the idea of humans as facultative carnivores, which would allow for a diet with a significant proportion of plant-based foods. Instead, the evidence suggests that humans are obligate hyper carnivores, requiring a diet dominated by animal-based foods.

Based on the provided information, it is clear that animal-based foods are the sole source of essential nutrients for humans, with all nutrients present in their fully bioavailable form. Here are some key points that support this statement:

1. **Protein**: Animal products, such as meat, poultry, fish, eggs, and dairy, provide high-quality protein that is easily absorbed and utilized by the human body.
2. **Vitamins**: Animal-based foods are the primary source of vitamins B12, B6, riboflavin, niacin, and vitamin A (in its usable form). These vitamins are essential for various bodily functions, including energy metabolism, nerve function, and immune system health.
3. **Minerals**: Animal foods contain higher, more bioavailable levels of essential minerals like zinc, iron, calcium, and phosphorus. These minerals are crucial for bone health, immune function, and various metabolic processes.
4. **Micronutrients**: Animal source foods (ASF) are the only natural source of vitamin B12 and vitamin A in its usable form. Vitamin A is essential for cognitive and physical development in children, and vitamin B12 is necessary for the production of red blood cells and nerve function.
5. **Nutrient synergy**: Animal-based foods provide a synergy of nutrients, with each component enhancing the absorption and utilization of others. This synergy is not replicable in plant-based foods, which often lack one or more essential nutrients.

In contrast, plant-based foods may be deficient in one or more essential nutrients, and their bioavailability may be lower due to factors like phytic acid, lectins, and other anti-nutrients. While plant-based foods can provide some essential nutrients, they do not offer the same level of nutrient availability and synergy as animal-based foods.

In conclusion, based on the available information, only animal-based foods have all essential nutrients for humans in their fully bioavailable form.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!

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